

February

2024

HERITAGE CENTER NEWSLETTER





SENIOR CITIZEN'S CLUB MEMBERS BIRTHDAYS

Bill Ertle	February 2nd
Scott Uhrich	February 2nd
Miriam Barton	February 6th
Ann Withrow	February 10th
Mary Margaret Bianco	February 11th
Mary Ann Hiler	February 13th
Dan Clark	February 18th
Barbara Mari	February 18th
Janice Bellendir	February 19th
Kristyne Hernandez	February 20th
Shirley Bickel	February 23rd
Donna Nicklas	February 24th
Leota Thayer	February 26th
Esther Skrdlant	February 27th


SENIOR CITIZEN'S CLUB MEMBERS ANNIVERSARIES

Dave & Glenda Conley	February 17, 1968
---------------------------------	--------------------------

JOIN US ON
WEDNESDAY, MARCH 27TH
3:00 P.M.
FOR OUR QUARTERLY BIRTHDAY AND
ANNIVERSARY PARTY

FEBRUARY 2024
HERITAGE MEAL SITE
For Reservations or Cancelations call 970-522-1237 by 8:00 a.m.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***ATTENTION***</p> <p>** IF YOU ARE IN NEED OF A MEAL DUE TO THE HOLIDAY CLOSURE, PLEASE CONTACT DAKOTA AT 970-867-9409 EXT 3004 AT LEAST 2 WEEKS IN ADVANCE**</p>	<p>For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>	<p style="text-align: center;"><i>Happy Valentine's Day</i></p>	<p>1</p> <p>SWEDISH MEATBALLS RICE LAYERED SALAD WW ROLLS STRAWBERRIES & BANANAS</p> <p>Calories: 699 Carbs: 96.4g Fib: 10.1g Protein: 37.1g Fat: 20.8g Sod: 653mg</p>	<p>2</p> <p>SCALLOPED HAM & NOODLES APPLE CARROT RAISIN SALAD CAULIFLOWER & PEAS APRICOT HALVES</p> <p>Calories: 722 Carbs: 105.4g Fib: 11.2g Protein: 34.2g Fat: 20.5g Sod: 731mg</p>
<p>5</p> <p>LASAGNA TOSSED GREEN SALAD w/ DRESSING MIXED VEGETABLES GARLIC BREAD FRUIT CUP</p> <p>Calories: 607 Carbs: 94.1g Fib: 11.2g Protein: 34.3g Fat: 14.1g Sod: 877mg</p>	<p>6</p> <p>SOUTHWEST CHICKEN SOUP FRITO SALAD CORN MUFFIN PEAR ORANGE FRUIT CUP APPLE GRANOLA COOKIE</p> <p>Calories: 797 Carbs: 93.2g Fib: 10.0g Protein: 37.1g Fat: 32.5g Sod: 906mg</p>	<p>7</p> <p>VEGETABLE BEEF SOUP COTTAGE CHEESE & PINEAPPLE SALAD GARLIC CHEESE BISCUITS FRUIT CUP OATMEAL BANANA RAISIN COOKIE</p> <p>Calories: 672 Carbs: 95.7g Fib: 10.1g Protein: 36.1g Fat: 18.5g Sod: 680mg</p>	<p>8</p> <p>YANKEE POT ROAST AU GRATIN POTATOES BRUSSEL SPROUTS SUPREME RAISIN ROLLS BANANA</p> <p>Calories: 661 Carbs: 83.8g Fib: 9.9g Protein: 40.2g Fat: 20.7g Sod: 619mg</p>	<p>9</p> <p>CHICKEN ALFREDO CAESAR SALAD GARLIC BREAD MIX VEGETABLES WINTER FRUIT CUP</p> <p>Calories: 731 Carbs: 97.4g Fib: 10.5g Protein: 36.9g Fat: 24.6g Sod: 654mg</p>
<p>12</p> <p>SAVORY BAKED CHICKEN PARSLIED RICE BRUSSEL SPROUTS SUPREME APPLE MUFFIN PEACH SLICES COOKIES w/ RAISINS</p> <p>Calories: 789 Carbs: 94.3g Fib: 9.8g Protein: 44.8g Fat: 27.8g Sod: 896mg</p>	<p>13</p> <p>BEEF STROGANOFF w/ NOODLES BEAN MEDLEY BRAN MUFFIN BERRY BLEND</p> <p>Calories: 579 Carbs: 87.4g Fib: 12.9g Protein: 31.5g Fat: 13.7g Sod: 549mg</p>	<p>14</p> <p>TUNA NOODLE CASSEROLE CALIFORNIA VEGETABLES ORANGE MUFFINS PINEAPPLE TIDBITS OATMEAL NUT COOKIE</p> <p>Calories: 759 Carbs: 97.5g Fib: 9.9g Protein: 35.8g Fat: 28.0g Sod: 669mg</p>	<p>15</p> <p>SLOPPY JOE SANDWICH OVEN BROWNED POTATOES ASPARAGUS CUTS FRUIT COCKTAIL APPLE GRANOLA COOKIE</p> <p>Calories: 729 Carbs: 107.4g Fib: 10.9g Protein: 35.1g Fat: 20.8g Sod: 501mg</p>	<p>16</p> <p>BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ROLL APRICOT HALVES OATMEAL RAISIN COOKIES</p> <p>Calories: 757 Carbs: 110.4g Fib: 10.1g Protein: 33.2g Fat: 23.2g Sod: 847mg</p>
<p>19</p> <p></p>	<p>20</p> <p>ROAST PORK BAKED SWEET POTATO PARSLIED CARROTS CARAWAY ROLL APPLESAUCE ORANGE JUICE</p> <p>Calories: 672 Carbs: 95.2g Fib: 12.5g Protein: 30.9g Fat: 20.4g Sod: 490mg</p>	<p>21</p> <p>SALMON PATTY w/ CHEESE SAUCE BAKED POTATO ONION ROLL CALIFORNIA VEGETABLES FRUIT MIX OATMEAL RAISIN COOKIE</p> <p>Calories: 751 Carbs: 101.2g Fib: 10.3g Protein: 34.9g Fat: 25.0g Sod: 675mg</p>	<p>22</p> <p>BRAISED BEEF MASHED POTATOES WINTER MIX VEGETABLES ROLL STRAWBERRIES & BANANAS CINNAMON CRISPIES</p> <p>Calories: 611 Carbs: 87.6g Fib: 11.0g Protein: 33.8g Fat: 16.2g Sod: 679mg</p>	<p>23</p> <p>CITRUS PEPPER SALMON FILLET BAKED SWEET POTATO FRIES GREEN BEANS RAISIN BRAN MUFFIN PEACH CRISP GRAPE JUICE</p> <p>Calories: 752 Carbs: 130.5g Fib: 14.6g Protein: 31.1g Fat: 16.1g Sod: 1146mg</p>
<p>26</p> <p>SPAGHETTI w/ MEAT SAUCE CAESAR SALAD ITALIAN VEGETABLES GARLIC BREAD FRUIT COCKTAIL</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 722 Carbs: 80.7g Fib: 10.8g Protein: 32.8g Fat: 32.9g Sod: 641mg</p>	<p>27</p> <p>HOT TURKEY SANWICH BRUSSEL SPROUTS & CHESTNUTS JEANNIE'S SALAD PEAR ORANGE FRUIT CUP BROWNIES</p> <p>Calories: 760 Carbs: 107.5g Fib: 12.3g Protein: 33.0g Fat: 25.1g Sod: 973mg</p>	<p>28</p> <p>BEEF O'LE MEXICALI CORN REFRIED BEANS FRUIT CUP</p> <p>Calories: 618 Carbs: 88.8g Fib: 12.1g Protein: 36.3g Fat: 16.1g Sod: 551mg</p>	<p>29</p> <p>HAMBURGER STEAK BAKED POTATO MIXED VEGETABLES BRAN MUFFIN TROPICAL FRUIT CUP</p> <p>Calories: 669 Carbs: 87.5g Fib: 10.3g Protein: 35.0g Fat: 22.4g Sod: 501mg</p>	<p>Suggested Donation - \$6.25</p> <p>Under Age 60 Mandatory Charge - \$12.50</p> <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>

February 2024

Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool 5:30 ESL Class 6:30 Cardio Dance w/ Mari	2 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Logan County Council on Aging Business Meeting 1:30 Cards, Cornhole, Dominoes & Pool	3 6:30-9:30 Dance w/ Classic Country \$8.00
5 10:00 SilverSneakers® Yoga Noon Meet 1:00 Pinochle 1:30 Cards and Pool	6 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool	7 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Pool, Chess, Checkers, Mah Jong	8 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool 5:30 ESL Class 6:30 Cardio Dance w/ Mari	9 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	10 6:30-9:30 Dance w/ FM Country \$8.00
12 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	13 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Pillow Project 1:30 Rummy/Five Crowns 1:30 Pool	14 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong 1:30 BOARD GAMES	15 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Movie Matinee "Driving Miss Daisy" 5:30 ESL Class 6:30 Cardio Dance w/ Mari	16 9:00 Qi gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	17 6:30-9:30 Dance w/ Dan Dobson \$8.00
19 CLOSED NO MEALS NO EXERCISE NO ACTIVITIES	20 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool	21 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	22 10:00 SilverSneakers® Classic 11:00 Guest Speaker Colorado Highway Patrol "Good Driving Habits Never Grow Old" Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool 5:30 ESL Classes 6:30 Cardio Dance w/ Mari	23 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	24 6:30-9:30 Dance w/ FM Country \$8.00
26 10:00 SilverSneakers® Yoga Noon Meet & Eat 12:30 Area Agency on Aging Regional Meetings	27 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	28 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	29 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 BOARD GAMES 5:30 ESL Class 6:30 Cardio Dance /w Mari		

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



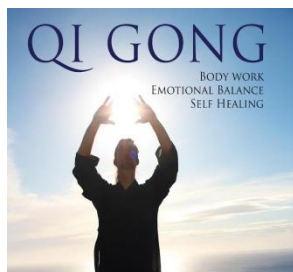
SilverSneakers® Yoga

Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

Monday & Wednesday mornings at 10:00 a.m.

Some supplemental insurance will cover the expense of the class.

\$2.00 a class for those with no applicable insurance coverage.



Qi Gong

This group will be meeting for exercise class led by DVD

Instruction on Friday mornings at 9:00 a.m. Stretches to clear stress and tension, acupuncture to open energy meridians and flowing movement practices to draw in energy to counteract fatigue and boost immune health. Please come and join us, this class is free.

SILVERSNEAKERS® CLASSIC

This group exercise program will help improve functional capacities, physical fitness and sense of well-being targeting strength, range of movement, agility, balance and coordination. Medicare Supplemental insurance can cover the cost of this class we would be glad to check your eligibility. \$2.00 for those without eligible insurance.

Tuesday and Thursday mornings at 10:00 a.m.

Please come and join us.



TAI CHI WITH Troy Hodges

Tai Chi is a gentle exercise that involves a series of slow gentle movements, known to improve balance and benefits your mental and physical health.

Friday mornings at 10:00 a.m. This class is free.



Renew Active™, the gold standard in Medicare fitness programs for body and mind. The program is available at no additional cost with UnitedHealthcare® Medicare plans. In the meantime, you can learn more at UHCRenewActive.com or call Cynthia at (970) 522-1237 to see if you are eligible.

RUMMY or FIVE CROWNS



We will be playing on the 2nd and 4th Tuesdays of each month starting at 1:30 p.m. Bring a snack and enjoy the company of others in a relaxed atmosphere.



Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on

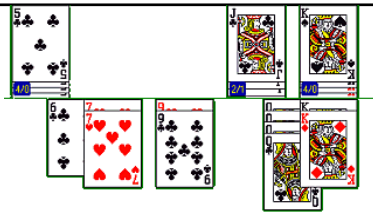
Mondays, Wednesdays, & Fridays

1:30 start time



SCHOLARSHIP PROGRAM

The Senior Citizen's Club is pleased to announce a Scholarship Program. The program allows a recipient to receive up to \$30 to help with the cost of a dinner, membership or activity. Please see Cynthia for an application.



HAND & FOOT CANASTA

2nd and 4th Thursday of each month

1:30 – 4:00 p.m. Individuals or partners are welcome to join us to play hand and foot canasta. This is a great group to join if you have never played before and want to learn. Let us know you are coming by calling 522-1237.

PITCH

10 point pitch will be played on the 1st and 3rd Thursday of each month

1:30-4:00 Individuals or partners are welcome to join us. Let us know if you are interested so we can add you to the calling list.

MAH JONG, CHESS, DOMINOES, CORNHOLE, CHECKERS

These other recreational games are offered throughout the month, we would love to get enough interest to start a league. Please call us or sign up for the newsletter to find out when these games are on the monthly calendar. Please provide your name and contact information so we can start forming leagues.

FOOT CARE CLINIC

2nd Tuesday of every month

10:00-11:00 a.m. BY APPOINTMENT ONLY

Call 970 522-1237 to schedule your 15 minute appointment

Suggested donation no less than \$5.00-\$15.00

Please soak your feet before you come and bring a towel for your added comfort

Provided by Northeast Plains Home Health

FUNDING AVAILABLE THROUGH THE LOGAN COUNTY COUNCIL ON AGING TO HELP WITH THE EXPENSE OF NEW EYEGASSES AND HEARING AIDS. PLEASE CONTACT THE OFFICE FOR MORE INFORMATION 970-522-1237

INCOME TAX ASSISTANCE

Households earning less than \$64,000 qualify for FREE, tax help from IRS certified program and preparer.

Northeastern Junior College 100 College Avenue
Sterling, CO 80751

February 6th-March 5th, 2024

Tuesdays 3:00-6:00 pm

Saturdays February 10th & 24th

8:30-2:30 p.m.

To make an appointment go to

www.taxhelpcolorado.as.me/NJC or call

(970) 521-6637



MOVIE MATINEE

Driving Miss Daisy

A 1989 American [comedy-drama](#) starring Jessica Tandy, Morgan Freeman & Dan Akroyd. The story defines Daisy and her point of view through a network of relationships and emotions by focusing on her home life, synagogue, friends, family, fears, and concerns over a twenty-five-year period.

Fresh Popcorn, Comfortable Seating and Intermission

THURSDAY, FEBRUARY 15TH

1:30 p.m.



**Sr. Citizen's Club
Members' Dues are Due**
Please take time to stop
by and pay your \$5.00
membership fee by
February 29th.

DIRECTORY 2024

We will be making our final revisions on the
Sr. Citizen's Club Membership Directory.
Please update your information if you have
had a change in address, phone number and
please let us know if we have your
information incorrectly listed in the past.



L.E.A.P. Assistance Still Being Offered

The Low-income Energy Assistance Program starts is accepting applications through April 30th. LEAP is a federally funded program that helps eligible hard working Colorado families, seniors and individuals pay a portion of their winter home heating costs. It is not intended to pay the entire cost of home heating, but rather to help alleviate some of the burden associated with the colder months. You can qualify if your monthly income for 1 person is \$3081 or less or \$4030 for a 2 person household.

Applications available at the Heritage Center or
Department of Human Services. Assistance is available
to fill out applications by calling Department of Human
Services at (970) 522-2194 or 1-866-432-8435



DANCE WITH LIVE BANDS EVERY SATURDAY NIGHT
6:30-9:30 P.M. EVERYONE IS WELCOME,
NO MEMBERSHIP REQUIRED \$8.00

Saturday, February 3rd	Classic Country
Saturday, February 10th	FM Country
Saturday, February 17th	Dan Dobson
Saturday, February 24th	FM Country

COFFEE, TEA, & WE

These in-person OR virtual sessions are available on

MONDAYS AT 1:00 p.m.

At 304 Main Street Sterling OR

<https://zoom.us/j/97345913515>

February 5th Brent Young Farm Bill

February 12th Jim Kuemmerle Effective Communication

February 19th NJC International Students

February 26th Senior Planet Intro to Sleep Technology



**ENGAGEMENT
AND EXTENSION**
COLORADO STATE UNIVERSITY



DIABETES PREVENTION PROGRAM

Northeast Colorado Health Department is offering a FREE class for those who want to prevent diabetes or have been told you are prediabetic.

1st Session FEBRUARY 8TH 12PM held at
700 Columbine Street Sterling

Please register at (970) 848-3811 ext. 3021

FEBRUARY FOCUS

Each month in 2024 we are going to try to focus on a topic to help promote awareness and education. We will try to incorporate this theme throughout the month with our movie matinees, guest speakers, activities, question of the week/day, table top information cards, etc.

Our focus for the month of February will be **DRIVING!**

PLEASE JOIN US

THURSDAY

FEBRUARY 22ND

11:00 A.M

SGT. BORNHOFT

COLORADO HIGHWAY PATROL

“Good Driving Habits
Never Grow Old”

